

Stewart/Hunter Lifestyle



Spc. Michael Adams

Johnny Davis, a recycling technician with Fort Stewart's DPW Environmental Division, places a Christmas tree in a stockpile for the Bring One for the Chipper program. The program was designed to keep trees out of landfills and put them to good use in the community.

Local wildlife benefits from recycling program

Spc. Michael Adams
3rd ID Public Affairs

Soldiers have begun to recycle Christmas trees through Bring One for the Chipper Christmas Tree Recycling Program run by Keep America Beautiful, in conjunction with the Department of Public Work's Environmental Division at Fort Stewart and Hunter Army Airfield. "This program was established to collect live Christmas trees and prevent them from going to landfills," said Ron King, the Recycling/Solid

Waste Assistant Program Manager for Stewart DPW.

The trees serve a useful purpose. "We work with the Fish and Wildlife Division to create brushpiles for the base, which creates habitats for the wildlife," said Johnny Davis, a Landfill Recycling Technician with the Stewart DPW Recycling Division.

The trees also create diversity for Stewart and Hunter's fish and lakes and serves a purpose for people too.

Whole trees are thrown into lakes and ponds to attract fish and wildlife.

"We also coordinate with Liberty

County to give them some trees," said Ron King, Deputy Director of the DPW Environmental Division for Fort Stewart.

"The county will put the trees in the chipper, turn the trees into mulch, and give it away for free."

Soldiers also will have a chance to exchange their Christmas tree.

"When you donate a Christmas tree, you will receive a sapling to plant," said King.

The installation is proud to be working to preserve the environment.

"We are the only military base to

have an association with Keep America Beautiful," King said.

Recycling also promotes mission readiness for the military.

"When we recycle, we re-use goods that cost money to buy. Recycling reduces costs for the base and its units, and as a former Soldier, I feel I am doing my part to help promote the mission and help fellow Soldiers," King said.

There are many things Soldiers can do to help the environment and country, and sometimes it is simpler than one can think.

Commissary begins major renovations



Randy Murray

Don Snelsire, store director for the Fort Stewart commissary, stands near the temporary construction walls that will eventually become the entranceway into the commissary. A new entrance is just one of the construction projects taking place in the commissary until late July.

Randy Murray
Public Affairs Specialist

If you've visited Fort Stewart's commissary during the holidays, you've probably noticed some construction going on.

New dry wall and paint are only the beginning though. During the next seven months, Fort Stewart's commissary will undergo \$7 million worth of renovation, according to Don Snelsire, store director.

Snelsire said the extensive renovation will not include an expansion of current commissary facilities, but it will make better use of current space.

The greatest change will be the refrigeration system. Snelsire said all refrigerators and freezers currently in use were installed in 1995. Near the end of July when remodeling is complete, all refrigeration equipment will have been replaced with new equipment, Snelsire said. He added the compressors and refrigeration piping, which is all under the commissary and accessed by tunnels, will also be replaced.

By using a different type of freezers, com-

missary patrons will have an extra row of freezers. The meat freezers, in particular, will not be one long, single-shelf freezer that uses up a lot of valuable space but a taller freezer with several shelves.

Other renovations include better lighting in the warehouse and replacement of broken floor tile or stained ceiling tile throughout the store, but one of the most notable changes will be the entryway. Construction to re-route the entrance directly into the produce area began Jan. 5.

Snelsire emphasized the importance of making these renovations now because Stewart's commissary will soon have to accommodate another brigade. He admitted that parking may become a problem in the future, but it's not something being addressed at this time.

An official ribbon cutting is planned for July 27 when renovation is scheduled to be complete. In the meantime, Snelsire asks for your patience regarding any inconveniences you may experience while shopping.

The commissary is being renovated so Snelsire and his staff can better serve you.

Spartan FRG provides Family support, education

Spc. Dustin Gautney
2nd BCT Public Affairs

The Family Readiness Group from 2nd Brigade Combat Team, 3rd Infantry Division, continues to help Families prepare for deployment as well as remain a resource for Families during dwell time.

The FRG, typically comprised of spouses and Family of military personnel, volunteer their time to help military Families cope with the hardships of deployments by providing information and resources as well as provide a conduit between the military and home environment.

Giving military Families a resource

to provide information on any issues that can arise such as medical, financial and even educational concerns relieves pressure on Soldiers, especially during deployments and training.

The 2nd BCT FRG leader, Jackie Sexton, said the Soldiers are not able to take the time to deal with such issues, and can take comfort in the knowledge their Family will still be taken care of.

"This resource is not just available during deployments," said Sexton. "The FRG is a constant flow of information available to Families, whether their loved ones are deployed or not."

The Spartan Brigade returned home from Iraq six months ago and deployed Soldiers and Families can recall the

FRG as providing up-to-date information on return flights and times; the also provided single Soldiers care with packages such as toiletries and phone cards upon returning to the barracks.

The FRG also provides educational opportunities for Families.

The Army Family Team Building, a basic training for Families, is thought by military spouses.

It provides skills to help deal with everyday pressures of military life, improve problem solving abilities, gain better understanding of military and civilian resources, learn more about the chain-of-command and chain-of-concern, and find out about benefits, entitlements and compensa-

tion.

"This class is not just for new military Families. There is information provided in this course that will benefit all military Families," said Sexton.

Currently, the 2nd BCT, 3rd ID Family Readiness Group is in a building and training phase, recruiting volunteers, as well as welcoming new Families to the brigade, said Sexton.

"We have an awesome team here," said Sexton, "I admire those who volunteer with the Family readiness group, to not just deal with their own Families concerns during deployments, but to take on the extra work of helping other Families as well. That takes a very special kind of person."

MWR Briefs

Register for MCEC Workshop

The sign-up continues through March 13 for a two-day workshop on “Living in the New Normal,” to be held 8 a.m. to 4 p.m. , March 23 and 24 at Hunter Club, building 6015.

Family participation is encouraged to ensure children have tools to weather life's storms and provide educators and other concerned adults with information on how to support children during times of uncertainty, trauma, and grief. There is no charge and meals will be provided. To register on line go to www.militarychild.org and for more information, contact the school liaison office at 315-6586.

Enjoy Chinese New Year's Brunch

If you're hungry for Chinese, don't miss this Sunday brunch from 10:30 a.m. - 1:30 p.m. at Hunter Club, building 6015.

The menu features *breakfast items, fried dumplings, pepper steak, egg rolls with duck sauce, sweet and sour pork, pork fried rice, beef with broccoli, stir fry station (with chicken, shrimp and oriental vegetables), sushi, fortune cookies on each table, cold and hot rice wine, oriental beer, fruit palm tree and assorted desserts.*

Cost is \$11.95 per person, children (ages 5-10) eat half price, and children (4 and under) eat free. For more information, call 368-2212.

Kids Cooking Class slated

Join us for an afternoon of fun, games, crafts, and more at the Chinese New Year's cooking class from 3-5 p.m., Sunday at Hunter Club, building 6015.

The cost is \$5 per child (ages 5-12). Reservations are required, as space is limited. For more information or to register, call 368-2212.

Golf courses honor you

Taylor's Creek and Hunter Golf courses are honoring active duty, retirees and Department of Defense Civilians with an all-you-can play special fee. After 11 a.m., Jan. 19-21 and Jan. 26-28 you can play all

you want for \$22. The cost includes golf car rental. For more information, call 767-2370 at Stewart or 315-9115 at Hunter.

Circus trip registration deadline extends

The registration deadline is now Jan. 22 for the Ringling Bros. and Barnum and Bailey Circus Trip, scheduled for Jan. 31. We will depart early afternoon from Stewart and Hunter Leisure Activities Centers for Savannah Civic Center. Showtime is at 3 p.m.

The discounted tickets cost \$20 per person for both adults and children (includes bus transportation only). Bus space is limited, so sign-up early and enjoy the circus. For details, call 767-2841 at Stewart or 315-3674 at Hunter.

Enjoy Big Buck Gala, Venison Cook-off

The entry deadline has been extended until Jan. 23 for the first Big Buck Gala Reception and Venison Cook-Off scheduled from 5-8 p.m., Jan. 31 at Club Stewart, building 405.

Three cooking categories will be judged (deer chili, deer sausage, and deer steaks). Contestants may sign-up for more than one cooking category at the Fort Stewart Pass and Permit Office, building 8093 (Hwy 144E). The fee is \$5 per entry category. Prizes will be awarded for each category.

Big buck contest winners will be announced at the gala and prizes awarded. There will also be local vendors, door prizes, food tasting, interactive exhibits, and “Blast from the Past” presentation by Reginald Sage, a longtime local hunter on the evolution of hunting at Stewart and Hunter. The gala is free and open to the public. For more information and details, call 435-8061.

Youth Center Lock In returns

The Fort Stewart Youth Center has scheduled an annual lock in from 11 a.m., Jan. 24 through 7 a.m., Jan. 25 at the Youth Center, building 7338.

Remember the registration deadline is Jan. 20. Youth from military installations are invited to come

out and join us. The all night event will be filled with fun, food, laughter and many exciting activities. It is opened to all Stewart and Hunter teens (ages 13-18) who are military affiliated. Space is limited, so sign-up early. The cost is \$25 for CYSS members and \$35 for non-members. For more information, call 767-4491.

Enjoy moonlight skating

Skate until the wee hours when the lights are low but colorful from 8 p.m., Jan. 24 to 1 a.m., Jan. 25 at Corkan Family Fun Center, building 449. The cost is \$5 per person and includes skate rental. Youths, remember to ask your parents. For details, call 767-9884.

Marne Lane celebrates Spouses Day

Marne Lanes Bowling Center, building 402, is honoring spouses from 2-5 p.m., Jan. 26. Spouses will receive one game of bowling for free, when they show their military ID. For more information, call 767-4866.

Ski trip scheduled

The Leisure Activities Center has planned a trip from Feb. 13-15 for those who want to experience the Great Smoky Mountains. Remember the deadline to sign-up is Feb. 2. We will be staying at the River Terrace Resort by Westgate, which is right next door to the mountain for skiing, ice rink for ice skating, the alpine slide, go karts, and the scenic chairlift.

The cost is \$275 for up to four people per room and transportation included to the Gatlinburg resort. Travel will be by luxury motor coach with DVD and stereo.

Ski rental, lift tickets, food and entertainment are at each person's expense. There are a number of restaurants within walking distance, or ride the trolley that goes all thru the town until 11 p.m.

For more details, call 767-2841 at Stewart or 315-3674 at Hunter.



Pets of the Week

Judy the cat and Zoey the dog are some of the many homeless pets at the Fort Stewart animal shelter. The shelter has pets of all kinds, sizes, and breeds in their care. If you are interested in adopting, call the Fort Stewart Veterinary Clinic at 767-2842.



Find a deal at the Shop of the Marne

Stop by Shop of the Marne, Tuesday or Thursday from 10 a.m. to 1 p.m. or the first Saturday of the month. The shop is located in building 25 off McNeely Road behind the Post Exchange.

HEALTH MATTERS

Winn Army Community Hospital

BIRTH ANNOUNCEMENTS

Provided by Winn Army Community Hospital

December 17
• **Rhylan Shane Tyler**, a boy, 7 pounds, 4 ounces, born to Spc. Phillip Tyler and Spc. Robyn Tyler.

December 21
• **Cairo Idris Jenkins**, a boy, 6 pounds, born to Cpl. Stephen R. Jenkins and Victoria A. Jenkins.

December 23
• **Ariah Kiam Gates**, a girl, 6 pounds, born to Sgt. Trina Gates.

• **Lana Therese Hutson**, a girl, 7 pounds, 6 ounces, born to 1st Lt. Ryan William Hutson and April Marie Hutson.

December 24
• **Steven Zachariah Brackman**, a boy, 8 pounds, 6 ounces, born to Pfc. Andrew Steven Brackman and Danielle Marie Brackman.

• **Jasmine Rose Grant**, a girl, 7 pounds, 4 ounces, born to Spc. Aaron Grant and Gwynne Grant.

• **Liliana LaRae Ritchie**, a girl, 8 pounds, 9 ounces, born to Spc. Howard Ray Ritchie and Erica Lynn Ritchie.

• **Mikhael Thomas Scott**, a boy, 8 pounds, 9 ounces, born to Sgt. 1st Class Kirk Scott and Stephanie Scott.

December 25
• **Christopher Si’u Evans**, a boy, 7 pounds, 5 ounces, born to Tonniesha Nicole Evans (Family Member of Staff Sgt. Manusina Evans).

• **Abigail Lee Kirbyson**, a girl, 7

pounds, 1 ounce, born to 2nd Lt. Frank Kirbyson and Autumn Kirbyson.

December 26
• **Everett Russell Roberson**, a boy, 7 pounds, 10 ounces, born to Chief Warrant Officer (4) Dennis Roberson and Maj. Jennifer Roberson.

• **William Antonio Rosa**, a boy, 8 pounds, born to Spc. Juan Rosa Felix and Sheila Bonilla.

• **Herone Jerone Shaw III**, a boy, 6 pounds, 14 ounces, born to Herone Jerone Shaw II and Staff Sgt. Roseanna James.

December 27
• **Dawson Markly Jean-Charles**, a boy, 7 pounds, 13 ounces, born to 1st Lt. Markly Jean-Charles and Katiana Jean-Charles.

• **Lucy Claire Mack**, a girl, 8 pounds, 6 ounces, born to Sgt. Charles D. Mack and Jaime S. Mack.

December 28
• **JuanValentin Gil-Rodriguez**, a boy, 7 pounds, 13 ounces, born to Sgt. 1st Class Jose R. Rodriguez and Lidia M. Gil-Rodriguez.

• **Blake Darren Mecimore**, a boy, 8 pounds, 1 ounce, born to Sgt. Scott Mecimore and Brandy Mecimore.

December 31
• **Faith Marie McClintic**, a girl, 6 pounds, 6 ounces, born to Spc. Amie McClintic.

• **Genevieve Louise Stephenson**, a girl, 9 pounds, 7 ounces, born to Spc. Joshua N. Stephenson and Misty Stephenson.

January 1
• **Christopher Charles Yagle**, a boy, 9 pounds, 6 ounces, born to Spc. Christopher Lee Yagle and Samantha Ann Yagle.

• **Craig Glenn Latimore Jr.**, a boy, 6 pounds, 13 ounces, born to Staff Sgt. Craig Glenn Latimore and Beverly Denise Latimore.

January 2
• **Victoria Renee-Marie Keeton**, a girl, 7 pounds, 5 ounces, born to Sgt. Daniel Ray Keeton and Dawn Marie Keeton.

January 3
• **Stone Philip Ginn**, a boy, 7 pounds, 5 ounces, born to 1st Lt. David Ginn and Katie Ginn.

• **Bella Taryn-Storm Brunhoeber**, a girl, 6 pounds, 8 ounces, born to Staff Sgt. Jason Brunhoeber and Melissa Brunhoeber.

January 4
• **Luca Sebastian Cordaro**, a boy, 7 pounds, 3 ounces, born to Capt. Philip Cordaro and Capt. Sarah Trevelani.

• **Kamani Alexander Hutchinson**, a boy, 6 pounds, 12 ounces, born to Pfc. Alexis Monai’ Hutchinson.

January 5
• **Brantly McLeon Goodwin**, a boy, 7 pounds, 12 ounces, born to Sgt. Marvin McLeon Goodwin and Christy Leigh Goodwin.

• **Brooklynn Marie Lake-Parillo**, a girl, 6 pounds, 6 ounces, born to Sgt. Travis M. Parillo and Jean-Marie Parillo.

• **Damian James Torres**, a boy, 8 pounds, 2 ounces, born to Pvt. Shawn Michael Torres and Ericka Damian Torres.

• **Emilie Ysabella Palacios**, a girl, 7 pounds, 2 ounces, born to Spc. Anthony Palacios and Christina Palacios.

January 6
• **Thane Gwaednerth Bagent**, a boy, 9 pounds, 9 ounces, born to Spc. Leif Bagent and Mirica Bagent.

• **Olivia Rose Jordan**, a girl, 6 pounds, 14 ounces, born to Spc. Joseph Allen Jordan and Carolyn Faye Jordan.

• **Alejandro Manuel Izquierdo**, a boy, 7 pounds, 10 ounces, born to Staff Sgt. Charles Izquierdo and Brittany D. Izquierdo.

January 7
• **Kaiden Marie Dotson**, a girl, 7 pounds, 8 ounces, born to Dwayne Dotson and Kelya Marie Miller (Family Member of Sgt. 1st Class Kelvin Miller).

Winn Briefs

Routine eye exams

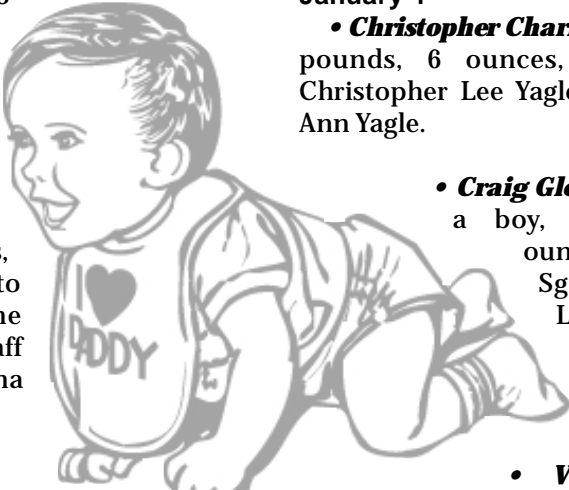
Routine eye exams are available at both Fort Stewart and Hunter Army Airfield by calling the appointment line at 435-6633. Winn ACH Optometry - All eligible TRICARE beneficiaries (active duty, Family Members and retirees). Hawks TMC Optometry – active Duty only. Tuttle AHC Optometry - All eligible TRICARE beneficiaries.

Road closes

Effective Jan. 12, the Winn Army Community Hospital access road section between the MRI trailer and PTMS building, building 303 will be permanently closed. This road has been permanently closed for security and safety risk reduction. If you have any questions, please call 435-5216.

MLK schedule

January 19 is Martin Luther King Jr.’s birthday observance, a federal holiday. On that day, services at Winn Army Community Hospital will be limited to inpatient care and emergencies. The pharmacy is also closed. Full operations resume Jan. 20. All services, to include the pharmacy at Tuttle Army Health Clinic and the Hawks Troop Medical Clinic will be closed Jan. 19. Full operations resume Jan. 20. For more information, call 435-6965.



Soft answer defuses situation, turns away wrath



CHAPLAIN'S CORNER

Chap. (Lt. Col.) William Ralston
2nd BCT rear-detachment Chaplain

One of the great passages in **The Book of Proverbs** is found in **chapter 15, verse 1**: "*A soft answer turns away wrath, but a harsh word stirs up anger.*" I've learned the truth of that admonition from watching others, and I've learned it from my own experience!

How many times did an "unhappy person" or a "disgruntled customer" speak an angry word to me? And, I responded with a "soft answer!" And then there were the times I reacted

with my own "heat round!" The "soft answer" took the steam out of the other person's anger. The "heat round" was like trying to put out fire with gasoline!

Do you see what I am saying? There is great truth in the saying, "*A soft answer turns away wrath.*" It defuses the situation. It brings a calmness into the conversation.

Another way to say this is simply to ask the question, "When someone speaks an angry word to you, do you 'react' or do you 'respond?' To react means to 'return fire.'" That may be appropriate on the battlefield, but it

rarely is successful in personal relationships.

To "respond" means to give a thoughtful, measured answer. One keeps the argument going. The other can bring a peaceful and mutually beneficial agreement.

I try to learn a new verse of Scripture each week.

The verse I commend to you this week is **Proverbs 15:1**... "*A soft answer turns away wrath.*"

Try it this week and see if it doesn't work for you. When someone is angry or upset, respond; don't react!

Blessings on you this day.

Chapel Schedule

Fort Stewart

Catholic	Location	Time
Saturday Vigil Mass	Main Post Chapel	5 p.m.
Sunday Mass	Main Post Chapel	9 a.m.
Protestant		
Contemporary Worship	Marne	11 a.m.
Gospel Worship	Main Post	11 a.m.
Traditional Worship	Marne	9 a.m.
Liturgical Worship	Heritage	11 a.m.
Kids' Church	Diamond Elementary	11 a.m.
PWOC (Wednesday)	Main Post Chapel	9:30 a.m.

Islamic		
Friday Jum'ah	Marne	1:30 p.m.
Contact Yahya Hassan at 876-5546.		

Jewish		
Contact Sgt. 1st Class. Crowther at 980-9295.		
Friday	Marne	11:30 a.m.

Latter-Day Saints		
Sunday	220 Sandy Run Drive, Hinesville	9 a.m.

Hunter Army Airfield

Catholic		
Sunday Mass	Chapel	11 a.m.
Protestant		
Sunday Service	Chapel	9 a.m.

Kids Church

Where God rocks

10:45 a.m. to noon, Sunday
at Stewart School Age Services, across from
Diamond Elementary; or at Hunter Chapel
Fellowship Hall, Sunday at 9:15 a.m.

For all kids Grade K-5

Fort Stewart bus pick-up

10:15 a.m. - Liberty and Hendrich, Liberty and Sicily, Liberty and Anzio, Liberty and Rome

10:20 a.m. - Jasmine and Skyland Spruce, Jasmine and Liberty Wood, Wild Fern and Golden Birch

10:30 a.m. - Schofield and Sansidro, Schofield and Hollandia, Rogers and Argyle

10:40 a.m. - Naktong and New Guinea, Ormoc and New Guinea

10:50 a.m. - Marne Chapel

10:55 a.m. - Main Post Chapel

For more information, email
fortstewartkidschurch@yahoo.com

Fort Stewart Chapel

Youth Ministry

Junior and Senior
High School Students!

Join us for
free games and pizza

Sunday • 6 to 8 p.m.

at the Stewart Youth Activity
Center, building 7338.

For more information,
contact jerry.e.thompson@comcast.net

or
call 877-7207

Mass Choir rehearsals announced

The Liberty County Community Mass Choir is looking for interested participants. If you would like to sing with this choir, please contact Judy Forshee at 977-5918 or email judith.forshee@us.army.mil or

Ronald Calhoun at 786-5787 extension 209 or email rcalhoun@schoolofchurchmusic.org.

Opportunities are also available for the Community Chorus, soloist, ensemble and quartet. Come and join this great community fellowship. The 2009 Concert Season begins Oct. 1 through Sept. 30, 2009.

Join the PWOC

Protestant Women of the Chapel invite all ladies to join us for our spring Bible studies 9:30 a.m. each Wednesday at Main Post Chapel. We have praise and worship, fellowship time and we have four bible studies to choose from. Free child care is provided for those registered with the Child Development Center. For more information, please call (210) 632-6235.



Live Oak Public Libraries Programs

Preschool Storytime
Children, ages 3 to 4 years-old are invited to join us for stories, songs, and more, 10:30 a.m. each Monday.

Tree Tots Storytime
Children, ages 1-2 have a special time 10:30 a.m. each Tuesday, where they too can experience songs, stories and more.

Introduction to Word
A beginner's course on using this popular word processing software will cover creating, printing, and saving a document, 10 a.m., Jan. 22 at the Liberty Branch Library. Registration is required. Introduction to Windows or equivalent knowledge is a prerequisite.

Introduction to PowerPoint
Learn how to create multi-media presentations for school and business. Prerequisite: Introduction to Windows or comparable experience. The class is 10:30 a.m., Jan. 24 at the Liberty Branch Library. For more information, call 368-4003. Registration is required.

Computer Practice Sessions
Want to practice skills that you discovered at the last computer class? Or, if you want to brush up on some computer techniques, come on in. Staff will be ready and able to assist you with the questions that you might have. Take the class 10:30 a.m., Jan. 29 at the Liberty Branch Library. All Live Oak Public Libraries will be closed Jan. 19 in observance of Martin Luther King, Jr. Holiday.

Community theater meeting slated

Public Interest Meeting will be held 6 p.m., Jan. 27 at the Hinesville First United Methodist Church fellowship



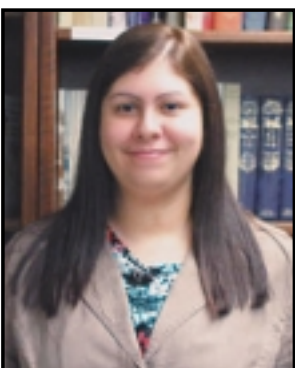
Commentary by:
Sasha McBrayer
Frontline Contributor

Sensitive screenwriter Eric Roth has constructed some dynamic scripts in his day. Among them are "The Horse Whisperer," "Ali," "Munich," and the 2008 Christmas release, "The Curious Case of Benjamin Button." The film's director, David Fincher, better known for taught action and suspense, has, in this film, a crowning achievement. Where "Se7en" and "Panic Room" were great movies risen just a level above the average pop corn flick, Benjamin Button's unusual life story marries history, science fiction, and epic romance in a movie utilizing cutting edge CGI special effects and high drama.

Though reviews have been mixed,

Button's big screen fictional biography has set a new precedent for what can be accomplished via the medium of film.

The story behind the film was inspired from a short story by F. Scott Fitzgerald of the same name. Fitzgerald's piece follows the remarkable life of a man born old, who gets younger and younger, until his death. Here the similarities between movie and short story end. In the film, Benjamin, played by Brad Pitt, is not only aging in reverse, but experiences the wonder and perils of history, including an amazingly terrifying encounter with a real German U-boat in WWII and birth in beautiful 1900s New Orleans. "Daisy," the love of



his life, is portrayed by Cate Blanchette. Fitzgerald fans will recognize the flowery name, perhaps as a tribute to the writer, inspired by his novel "The Great Gatsby".

Audiences are reminded of the height of technology as they watch surprisingly life like versions of both Ben Button and Daisy throughout their lives. It is stunning to see an 80 year old baby, just as it is to visit Blanchette as an impossibly young 20-something dancer.

The ladies will be remembering swooning from "Tristan," Pitt's "Legends of the Fall" character by the time Button becomes the world's oldest teenager. Romantic visuals are limited to those that

are computer generated. Vistas from Orleans' past, from Europe, and from sea are as breathtaking as the film's central love story is wrenching.

While I was inspired to tears by the charm and emotion of the tale, and felt this role has been the pinnacle of Pitt's acting ability, not all will share my enjoyment of the film. "The Curious Case" is lengthy at 166 minutes. Scott Foundas of the Village Voice describes the film as overly "grandiose" and says, "The strived-for atmosphere is whimsical and picaresque, the results mostly tedious." I can see Foundas' point completely, but I was no less moved. Tilda Swinton and Julia Ormond also have nice roles in the piece. If you enjoyed "Forrest Gump," also written by Eric Roth, give Button a try, but be warned; it doesn't include half the humor.

Shades of Green, Disney make vacations affordable for military

Special to the Frontline

Shades of Green is a resort hotel, located on Walt Disney World Resort, exclusive to servicemembers, retirees, Department of Defense Civilians, and their Family Members. It is a safe haven for military Families, whether they're reintegrating after an overseas deployment, having one last "Family fling" before mom or dad deploys, or simply getting away for a weekend.

The resort manager, Brian Japak, is a retired Soldier, and his son has survived two attacks involving improvised explosive devices while serving in Iraq.

"I have great empathy for the Families that we serve here," he said.

According to Japak, every effort is made to ensure the guests are pampered—well—Disney style, with just a touch of "home," like the tax-free American Armed Forces Exchange Services shoppette and the Mickey Mouse statue all decked out in red, white and blue. Security at the hotel complies with standard base force protection regulations, ensuring the Soldiers and Families can sleep soundly and not worry about their personal safety.

Shades of Green is Armed Forces Recreation Center, run by the Family and Morale, Welfare and Recreation Command based in Alexandria, Va. FMWRC's mission is to provide Soldiers and their Families with the same quality of life they are sworn to protect. Rates are set on a sliding scale, based on rank, and with no shareholders to answer to or profits to be made, the rates are kept remarkably low.

Beginning this month, Disney is chipping in to make vacations for servicemembers and their Families even more affordable.

With the "Disney's Armed Forces Salute" offer, active and retired U.S. military personnel, including active members of the United States Coast Guard and activated members of the National Guard or Reservists, can enjoy complimentary, multi-day admission into Disney's U.S. theme parks, and additional special ticket offers for Family Members and friends.

"For so many of the men and women who serve in our U.S. military, time together with their Families is cause enough for celebration," said Jay Rasulo, Chairman of Walt Disney Parks and Resorts. "We are grateful for their service and hope 'Disney's Armed Forces Salute' will allow our troops to create wonderful, magical memories with their Family and friends."

At the Walt Disney World Resort in Florida, through Dec. 23, each active or retired member of the U.S. mil-

itary may obtain one complimentary five-day "Disney's Armed Forces Salute" ticket with Park Hopper and Water Park Fun and more options. This ticket is valid for five days of admission into the four Walt Disney World theme parks, plus a total of five visits to a choice of a Disney water park, DisneyQuest Indoor Interactive Theme Park or certain other attractions. During this offer period, active or retired U.S. military personnel may also make a one-time purchase (up to a maximum of five) of five-Day "Disney's Armed Forces Salute Companion" tickets for \$99 per ticket, plus tax, for Family Members or friends. Although this ticket for Family Members and friends does not include either the Park Hopper or Water Park Fun and More options, this ticket can be upgraded to add either such option, or both, for an additional \$25, plus tax, per option. All tickets and options are non-

Roads closed for construction

The intersection of Memorial Drive, Welborn Street, and Rebecca Street is now open for local traffic, but Memorial Drive will remain closed approximately 100 feet east of the intersection.

Construction workers will be connecting Welborn Street and Rebecca Street to the new Memorial Drive Corridor. Tentatively, Main Street is scheduled to be closed from Jan. 19 to Jan. 23 for the installation of curbing, sidewalk, and roadway, with intermittent lane closures to follow while streets are paved.

Enjoy Arts on the Coast

Arts on the Coast Arts Association Inc. invites community members to a reception at 'What's the Scoop' 6-8 p.m., Friday.

The new calendar will be released and the artists who generously volunteered their talents will be in attendance. Light Appetizers and refreshments will be served. Calendars will sell for \$20 and help AOC fund upcoming events.

Sacrament Open house slated

Blessed Sacrament School will host an Open House 11 a.m. to 2 p.m., Jan. 25 at 1003 East Victory Drive in Savannah. For more information, call 356-6987.

3ID Society Reunion slated

The 3rd Infantry Division Society and attached units in wars and in peacetime will hold their 90th reunion Sept. 16-20. The reunion will be held at the Clarion Hotel Springfield, 3333 S. Glenstone Ave. Springfield, Mo. 65804; (417) 883-6500. Room rates are \$84 per night plus tax. Includes a free breakfast. Free airport transportation. For additional reunion infomratin, contact Linda Irvine at (360) 663-2521, info@thereunionbrat.com. The Society of the 3rd ID is seeking those who served in the Marne Division and attached units in wars, peacetime, or special interest to join the Society. Contact Henry Burke, (803) 782-7517, pennieb Burke@sc.rr.com. Visit the society online at www.3rddiv.org.

Get ready for the Ranger Run

Community members are invited the Ranger/Hunter Runway 10K 9 a.m. Feb. 28 on Hunter Army Airfield at the 1st Ranger Battalion Compound.

Registration is \$25 and will be cut-off Feb. 20. The race is limited to the first 1,000 partipants. Prizes will be awarded to the top three male and female age-group winners. All participants will receive a short sleeve t-shirt along with post race snack and beverage. All proceeds will benefit the 1st Ranger Battalion Family Readiness Group.

You may register at the following locations: Headquarters, 1st ranger Battalion on Hunter; Fleet Feet Sports of Savannah, www.fleetfeetsavannah.com; Savannah Striders, www.savstrider.com; and WTOC's wevsite, www.wtoc.com.



Randy Murray

Rye Patch Community's Christmas House closes

Lee and Nancy Siperly stand in the foyer of their Christmas House, which they've opened to the public every December for eight years. Nearly every square foot of their home - inside and out - is decorated for Christmas. This was the last year they will open their home to the public.



Army Community Service

Welcome to the Army Community Service Family Page. *Our mission is to provide services to support readiness of Soldiers, their Families, and communities to promote self-reliance, resiliency, and stability. We offer training classes, support groups, and Family advocacy programs. Services are offered to active, retired, Reserve, and National Guard Soldiers and their Family Members, regardless of branch of service. Department of Defense Civilian Employees are also eligible for most services, as are their Family Members. ACS is a member of the Morale, Welfare and Recreation Family, proudly serving America's military.*

For information or to register for programs at Fort Stewart, please call 767-5058/5059. For information and registration at Hunter Army Airfield, please call 315-6816.

Begin the new year with a financial plan

Seats are still available for tonight's Life Without Debt class at Stewart, 6 to 8 p.m. It is possible to live without debt when you learn to manage your personal finances, understand credit terms, and develop efficient plans to pay off debt!

At Hunter, sign up for Money Management, a workshop that focuses on personal finance to include checking account management, debt management, credit cards, credit reports, and saving plans, Jan. 21.

Please call 767-5058/5059 at Stewart or 315-6816 at Hunter to register for finance classes or to schedule an appointment for a no-cost personal financial counseling session.

Baby Bootcamp for Dads offered

Join other fathers and learn the skills you need to be a hands-on dad, a class just for men. Baby Bootcamp for Dads will help you build confidence in your ability to take care of your infant's needs. Challenge the stereotype as you network with other fathers, ask questions, and enhance your nurturing side! Call 767-5058/5059 to register for the Jan. 29 held from 11:30 a.m. to 2 p.m.

Attend FRG training

The Family Readiness Group Basic Course will be at Stewart 9 a.m. to 3:30 p.m., Jan. 22. Open to all FRG

participants, Family Members, and unit leadership, this course teaches an overview of the FRG, tasks during the deployment cycle, expectations and roles for FRG volunteers, communicating with Families, dealing with the media, resources and funding, and more. Call 767-5058/5059 to register. Also ask about child care.

Discover Thrift Savings Plan benefits

Everyone is encouraged to call and register for "Thrift Savings Plan: Pay Yourself First," Jan. 21 at Stewart. You will learn why you should sign up for the TSP and begin the new year with a financial plan! This class teaches financial concepts in a simple, easy-to-understand format addressing different investment strategies, various retirement vehicles, and the specifics of the TSP including withdrawals and spouse rights. Call 767-5058/5059 to reserve your seat.

Learn and grow with AFTB

Living within an Army Family culture can be challenging, and Army Family Team Building offers several classes to help Families thrive in the military lifestyle.

Level II "Grow!" teaches skills to enhance personal growth and development with modules in communication, time management, personality traits, team dynamics, managing stress and conflicts, creative problem solving, introduction to leadership and more, Jan. 27-29 at Stewart.

Learn about 3rd ID

Wondering what "Rock of the Marne" means? Curious about the smiling bulldog, Rocky? Learn the history of the 3rd Infantry Division, the Dogface Soldier song, and much more at Dogface Soldier for Families, Jan. 21 at Stewart.

Advance registration is required for all Army Family Team Building classes. Please call 767-5058/5059 and let us know you will be coming. Also ask about child care.

Employment help is available

Your employment readiness team also offers a variety of free workshops to help you succeed in your job

search. Recommended for newly-arriving military Family Members seeking employment is the Employment and Career Orientation offered at Stewart, Jan. 20.

Also sign up for Resume Writing, a workshop that helps you identify your skills and enhance your resume development, offered at Stewart from 2 to 6 p.m. each Monday in January (no session Jan. 19 due to the holiday). At Hunter, Resume Writing is offered at 10 a.m., Jan. 22.

If you are seeking a job with the federal government, a special Resumix class shares the insider's tips to entering your resume in the electronic resume system, searching jobs, and maximizing your skills for the most impact. Resumix is offered at Stewart every Wednesday in January and at Hunter Jan. 20.

To prepare for your interviews, sign up for Mock Interviewing where you will practice your interview skills in a small group setting. Mock Interviewing is offered Tuesday mornings at Stewart, and Jan. 22 at Hunter.

You must pre-register for employment readiness workshops; please call 767-5058/5059 at Stewart or 315-6816 at Hunter. Also request a personal employment counseling session and let us help you prepare to find the job you want.

Learn active parenting

In one information-filled day, Active Parenting Now teaches parents with children ages 5 to 12 discipline strategies, and problem-solving skills, and effective ways to communicate with your child. Take advantage of this free workshop and learn skills to help your child succeed. Call 767-5058/5059 to register for the Jan 21 workshop at Stewart.

Moving to Alaska or Hawaii?

Come and learn about your new duty station. You will receive a packet of information pertinent to your new duty station, as well as learn about services that will help make your move a smooth one.

Family Members are highly encouraged to attend. Call to 767-5058/5059 to register for the overseas briefing at Fort Stewart Jan. 20, or 315-6816 for the briefing at Hunter, Jan. 21.

Better your road marches with proper nutrition

Special to the Frontline

What you eat and drink before, during and after a road march can have a big impact on your performance. By following these simple guidelines, you can use nutrition to take your road march to the next level. The following guidelines are for road marches lasting longer than one hour.

Remember your pre-road march meal. Ideally, you should consume a meal that contains 200 – 300 grams of carbohydrates three to four hours prior to starting a long road march. However, since most road marches start very early in the morning, it is unrealistic to recommend you wake up at 1 a.m. just to eat a meal and then go back to sleep.

Consuming a light meal one hour before you start the road march can help ensure you start the event well fueled and hydrated. Because your body takes longer to digest protein and fat, pre-event meals should be high in carbohydrates, moderate in protein, and low in fat. A good goal for your pre-event meal is to consume 100 grams of carbohydrates and 16 to 32 ounces (oz) of fluid. This is easily achieved by including carbohydrate-containing beverages as part of your pre-event meal.

Some Warriors do not like to consume solid foods before road marching. If you prefer to only consume liquids before working out, consider having a meal-replacement drink, such as Boost or Ensure prior to your event. A liquid meal may also be a good alternative for Soldiers who wake up less than an hour before a road march. When selecting a meal-replacement drink, avoid low-carb options because they typically contain more fat and protein and will take longer to digest. If you opt for a meal-replacement drink as your pre-event meal, also consume 5 to 20 oz of a sports drink to increase your carbohydrate and fluid intake.

Finding the perfect pre-event meal may take some experimenting. It is highly recommended that you try out your pre-event meal a couple times

before a "for record" event to be sure you do not experience gastrointestinal problems.

Consume 30-60 grams of carbohydrate per hour if a road march is longer than 90 minutes. Consuming carbohydrates during prolonged exercise spares your body's glycogen stores, or stored energy, allowing you to go further before becoming fatigued. Consuming carbs during exercise also helps keep you in the game mentally. Depleted glycogen stores can result in decreased blood-sugar levels. When your blood-sugar is low you may be irritable, experience light headedness, or have difficulty concentrating: all of which may negatively affect your ability to maintain intensity while road marching.

There are several ways to intake 30 – 60 grams of carbs. Sports drinks are a good way to intake carbs and fluid. Although, depending on how long your road march is, it may be difficult to carry enough sports drink to meet all of your energy needs. Energy Gels (e.g. Power Gel, Gu, Cliff Shots) are a popular way for endurance runners to intake carbs during longer races. Energy Gels come in many different flavors and you may need to try several different flavors and/or brands before finding one you enjoy/tolerate. Gels should be taken with water and you should follow the guideline below for fluid intake to prevent dehydration. When you first begin experimenting with Gels, consume only one per hour to lessen chances of having GI problems. After making sure you can tolerate Energy Gels, consuming one to four per hour should meet your energy needs. If your goal is to consume more than one an hour you should take them separately, i.e. one every 20 minutes if consuming three Gels per hour. Be sure to drink 4 – 8 ounces of fluid every 15 to 20 minutes while road marching.

Remember your post-road march meal. Consuming adequate fluid and food immediately following a long road march can help you recover more quickly. Your first goal for recovery nutrition

is to re-hydrate. Consume two cups of fluid for every pound lost during exercise. The second goal for recovery nutrition is to replenish your carbohydrate (glycogen) stores. Failure to adequately replenish your glycogen stores can result in your legs feeling stale or heavy during your next workout. Routine failure to replenish your glycogen stores can result in chronic feeling of fatigue. By consuming carbohydrate containing beverages, such as fruit juice, sports drinks, milk, or a meal replacement drink you take care of both goals at once.

The timing of your post-road march meal is very important, especially if you are working out more than once a day. It takes approximately 20 hours for you to replenish your glycogen stores, but the first 60 to 90 minutes immediately following exercise are key. Just a two hour delay in consuming carbohydrate can reduce the amount of glycogen your body stores by almost 50 percent. A good goal is to consume 75 to 150 grams of carbohydrate (or 0.75 grams of carbohydrate per pound of body weight) within 30 minutes of finishing a hard workout.

Some recent research has indicated that consuming some protein after exercise in addition to carbohydrate may help replenish glycogen more quickly. A 4:1 ratio of carbohydrate to protein is recommended. When consuming protein in addition to carbohydrate as your recovery food, make sure you do not fill up on protein and fail to consume enough carbohydrates. Although there are commercial recovery drinks on the market, they are relatively expensive and do not contain anything you cannot get from regular food. Your best bet is to save your money and eat regular food.

With a little bit of thought and prior planning, you can improve your road marching abilities through proper fueling techniques. Of course you will still have to train and put the miles in, but having a good nutrition strategy will help ensure you don't run out of gas while out on the road.

New Year brings new tools to quit tobacco

Special to the Frontline

The U.S. Department of Defense and TRICARE are offering new innovative online tools to help military service members keep their New Year's resolutions to quit tobacco.

The DoD-sponsored educational campaign, Quit Tobacco—Make Everyone Proud, is expanding its interactive Web site. Users can now create a blog when they register on the site, www.ucanquit2.org, to share their experiences with Family and friends and sign an electronic "I Resolve to Quit" bulletin

board to publicly announce their resolution to become tobacco free. They also have access to a customizable Quit Calendar to record milestones and track progress. The expanded networking capabilities allow users to share ideas, tips and advice with fellow service members, as well as Family and friends.

"Giving up tobacco is a challenge but a challenge that the men and women of the military have the strength and determination to overcome. We encourage them to make 2009 the year to start a healthier lifestyle," said Capt. David Arday, M.D., chairman of the DoD

Alcohol and Tobacco Advisory Committee.

Deciding to quit tobacco is the first step, but becoming tobacco free may take more than one try.

The Web site allows servicemembers to get the support they need to quit from Family and friends, no matter where they live. Studies show that quitters who seek counseling and support increase their chances of remaining quit to 15.8 percent, as compared to only 10.8 percent for those who do not seek counseling.

Quit Tobacco—Make Everyone Proud

is aimed at supporting enlisted active-duty military personnel in their efforts to quit tobacco. DoD urges service members to log on and take advantage of the Web site to increase their chances of becoming tobacco free.

The new features build on the interactive support tools already available on the Web site. Individuals who want to help someone they know quit tobacco can visit the Web site to find information on giving up tobacco, send motivational e-cards, and view their friend's and/or Family Member's progress to support them in reaching their goals.

Special Forces conduct career fair

Randy Murray
Public Affairs Specialist

In case you missed it, U.S. Army Special Operations Recruiting Battalion conducted a Special Operations

Career Fair at Club Stewart, Jan. 13-14. Representatives from Special Operations units manned booths that showcased their particular job specialty, providing information to Fort Stewart and Hunter Army Airfield Soldiers about the many opportunities available under the broad umbrella called Special Operations.

Special Ops includes several elite units, including Special Forces, the Airborne, 75th Ranger Regiment, 160th Special Operations Aviation Regiment, Psychological Operations, Civil Affairs and Explosive Ordnance Disposal. Special Ops is not exclusive to the Army but all the other branches of the U.S. Armed Forces. Because these units have special missions, they receive special training. In the Army, it's Career Management Field 18.

It takes a special kind of Soldier to qualify and complete Special Forces training. According to Sgt. 1st Class Joe Lamberty, Special Forces recruiter, if 180 Soldiers start the 3-week long Special Forces Assessment and Selection Course, only 30 may graduate. He said Soldiers who complete the selection course can choose from four Special Forces occupation specialties, including weapons, engineering, medical and communications. They would then move on to the "Q" or Special Forces Qualification Course,

consisting of three phases totaling over 140 days of arduous training.

According to Lamberty, each Special Forces group is adding another battalion, but that's not the reason the Army has expanded its recruiting operations. According to Mark Brown, advertising and public affairs with the Special Ops Recruiting Battalion, the Army is conducting Special Operations Career Fairs here at Stewart as well as Forts Lewis, Hood and Campbell and plans to conduct fairs in Korea, Germany and Italy. Minimum qualifications for Soldiers interested in Special Forces include a General Testing score of 100 or higher, Army Physical Fitness Test score of 229 or higher (age group 17-21), capable of obtaining a Secret clearance and passing the Special Forces PT test.

Stewart-Hunter Soldiers interested in Special Forces should contact Sergeants 1st Class Derrick Booker, Richard Villeneuve or John O'Brien at 767-1400/2060 or go to www.bragg.army.mil/sorb.



Photos by Randy Murray

Special Forces "Weapons Sergeants" display some of their equipment and weapons with give-aways for Soldiers attending the Special Operations Career Fair, Jan. 13.



Sample munitions handled by Explosive Ordnance Disposal greet Soldiers attending the Special Operations Career Fair, Jan. 13.



Iron Viper provides challenge CAB Soldiers show their metal

Spc. Monica K. Smith
CAB Public Affairs

An hour before regular physical training began, Dec. 12 on Hunter Army Airfield, 35 Soldiers of 1st Battalion, 3rd Aviation Regiment gathered to test their abilities by participating in Iron Viper.

The Iron Viper is a physical fitness challenge for Soldiers in 1/3 Avn., which consists of a Army Physical Fitness Test, followed by an additional two-mile run and a 12-mile road march, said 1st Sgt. Barry Merchant, member of Company A, 1/3 Avn. Soldiers wear PTs during the PT test and the two-mile run; however, they change into the Army Combat Uniform and carry a 35 lb., rucksack for the road march. Soldiers must earn 90 percent in all categories of the PT test in addition to finishing the challenge within 3.5 hours to be considered an Iron Viper. Of the 35 Soldiers who competed in Iron Viper, five completed the event.

"The Iron Viper raises moral and esprit de corps for the 1-3 Battalion," said Capt.

Joe Natter, member of Headquarters and Headquarters Company, 1/3 Avn. "The goal of the Iron Viper is to train to be a highly effective combat unit ready for the vigorous demands of Army deployments."

Soldiers trained each Friday for three months to prepare for the Iron Viper, said Merchant. However, if the Iron Viper appeared too extreme, Soldiers within 1/3 Avn., could take part in the Viper Challenge, which is an un-timed event consisting of a PT test, an additional two-mile run and a six-mile road march with a 35 lb. rucksack.

"I think it's a good idea and the Soldiers get motivated and excited about it," said Merchant.

"It's a good motivational tool. It's like PT training but not just to take the PT test, you have a goal."

The first recorded Iron Viper was in 1994, said Natter. Lt. Col. Michael Musiol was the S3 for the Viper Battalion in 2005 and brought back the tradition then and again as the battalion commander.

Left: Chief Warrant Officer Barbara Mediavilla, Co. B, 1/3 Avn., perseveres through the road march during the Iron Viper, Dec. 12, at Hunter.

Education opportunities open doors at Stewart-Hunter

Dr. Robin Ellert
Directorate of Human Resources

Robert Smith was determined to get a bachelor's degree, even though he was older than most traditional students and was a full-time Soldier. So when he saw an advertisement for Columbia State University on the Internet and read that he could receive an accredited degree from the college without leaving his Savannah, Ga. home, he signed up.

Ten weeks, and more than \$500 later, Smith is battling to get his money refunded. After he found out that his "degree" in public administration would be granted when he finished summarizing a \$40 textbook – and sending in a total of \$2,500 – he began to think something was not quite right. Soon he dis-

covered that the institution was being described as a scam on the Internet.

Such is the dark underbelly of the distance-education boom. As the concept of earning a degree without stepping into a classroom becomes more accepted, the most virtual of virtual universities – those referred to as diploma mills – are gaining enrollees.

They are capitalizing on the publicity surrounding distance-learning degrees, and they are using the freedom and the breadth of the Web to lure students into their programs.

Diploma mills have been around for years. They often operate out of fly-by-night outfits with high-pressure telemarketers who follow up e-mail requests and Web site visits with an aggressive

approach via the telephone. They are known to advertise heavily in magazines and newspapers, on the Internet in newsgroups, and at impressive looking websites. In many cases, they prey on students' lack of knowledge and confusion about accreditation.

They often bill themselves as being fully accredited, nationally accredited, or accredited worldwide. If these diploma mills are accredited, it is usually by unrecognized or even bogus agencies.

Students are encouraged to be aware, beware and investigate any institution before beginning the program.

Servicemembers should always check with their Education or Army Learning Center before pursuing any course of study.

Hinesville Police invite community to academy

Special to the Frontline

The City of Hinesville invited military and civilians community members to the Citizens Academy.

The purpose of the academy is to acquaint residents of the Hinesville community with the goals, objectives, organizational structure, and general operating procedures of the police department; and

to promote good will, mutual understanding and encourage community support of common goals and objectives. Participation criteria is be a citizen of Hinesville, no criminal record, and at least 18 years-old. Topics include department structure and administrative operations, criminal law, investigation, gangs, community policing, patrol operations, traffic investigation and laws, crime prevention,

training and support and law enforcement communications.

The course is a 22-hour course consisting of 10 two-hour sessions and two two-hour ride-a-long sessions. Classes are 6 p.m. - 8 p.m. Individuals must complete all requirements for certificate. Sign up for the next class, March 3 at the Hinesville Police Department or call 368-8211.